



DARIEN SENIOR PROGRAMS HIGHLIGHTS & HAPPENINGS

2 RENSRAW ROAD , DARIEN, CT 06820 (203) 656-7490
OPEN MONDAY - FRIDAY 9:00 am- 3:00 pm - www.darienct.gov

**The Center is closed Monday, January 17th for Martin Luther King Jr. Day
Lunch will not be served.**

From the Desk of Beth Paris



Dear Darien Senior Members,

January 2022! New Year, new opportunities for enrichment, creativity and imagination to take flight. We are so fortunate to have so many wonderful programs to offer this time of year! Let's face it winter can be a bit trying as the cold and limited sunshine does have its affects. So staff here is focusing on solutions instead of resolutions!!!!

Take an exercise class, come in for an entertainment, try your hand at an art or craft class, listen to an expert speak on health and wellness or historians lecture on treasured times and events. All this and more is available to you at the Mather Center!

January Sign Ups for Darien Resident Members start Tuesday December 21st and for Non Resident Members, Tuesday December 28th. As always you are welcome to stop by and pick up a copy of the Newsletter Highlights and Happenings or view it on line www.darienct.gov. Click on departments and services, select senior center, and you are there!!!

"You are never too old to set another goal or dream a new dream," C.S. Lewis.

Go Easy,
Beth

SPECIAL DRIVE THROUGH LUNCH ANNOUNCEMENT!

Chef Judi will be out for the weeks of January 17th and January 24th.
Chef Russ Warm from Jennifer's Kitchen will providing the meals for those two weeks. **We will be limiting orders to 40 a day!** Menus will be advertised as we always do and ordering remains the same! Chef Judi will return January 31st.



INCLEMENT WEATHER POLICY

Since we are heading into winter it is prudent that we remind you of our Inclement Weather Policy: When Darien Schools are CLOSED, Darien Senior Programs is CLOSED. When Darien Schools are DELAYED, Senior Programs will have a DELAYED opening at 11:00am.

Tune in to NEWS 12, Channel 3 or Chanel 8 for area Closings. Call the Center at 203-656-7490 for questions or concerns. We asked that you use good judgment throughout the winter season and only drive when roads are clear and passable!

DARIEN SENIOR PROGRAMS WEEKLY CLASSES

MONDAY

9:00-10:00 Tai Chi with Ken Dolan, \$4.00 per class
 9:30-11:30 Woodshop-Drop Off Projects
 10:00-11:30 Knitting and Crocheting
 10:30-11:30 B-I-N-G-O, \$2.00 to play!
 12:30-2:00 Computer Room

TUESDAY

9:30-11:30 Woodshop-Drop Off Projects
 10:00-10:45 Sittercise with Winifred Lom
 10:00-11:30 Writing Club with Elsie Ferrara
 10:00-11:30 Acrylic Painting with Nobu Miki, \$4.00 per class
 12:30-2:00 Computer Room
 1:00-2:00 Chair Dance with Claudia Devita, \$4.00 per class

WEDNESDAY

9:30-11:30 Woodshop-Consultation with Ed Drach
 9:30-10:30 Super Stretch with Frances Goulart, \$4.00 per class
 10:15-11:00 Brain Teasers with Beth Paris over [ZOOM!](#)
 11:15-12:00 Aerobics with Lisa Brehio-Robinson, \$4.00 per class
 12:30-2:00 Computer Room

THURSDAY

9:30-11:30 Woodshop-Drop Off Projects
 10:00-11:00 Italian Culture & Conversation with Joe Tarzia, \$4.00 per class
 10:30-11:15 Senior Sitting Fitness with Elizabeth Hall, \$4.00 per class
 11:00-12:30 Mahjong Session
 12:30-2:00 Computer Room
 1:00-2:00 Cardio Strengthening with Linda Lombardo, \$4.00 per class

FRIDAY

9:30-10:30 Stained Glass
 10:00-11:30 Oil Painting with Althea Erickson, \$4.00 per class
 9:30-10:30 Beginner Spanish with Luz Ricon, \$4.00 per class
 10:30-11:30 Advanced Spanish with Luz Ricon, \$4.00 per class
 11:15-12:00 Aerobics with Lisa Brehio-Robinson, (\$4.00 per class)



**Registration for JANUARY programs and events is required.
 Registration for Darien Residents starts Tuesday, December 21st
 and for Non-Resident Members sign up starts Tuesday, December 28th.
 Call to register: 203-656-7490.**

DARIEN SENIOR PROGRAMS JANUARY SPECIALS

<u>DAY</u>	<u>DATE</u>	<u>SPECIAL EVENT</u>
Mon	3rd	Welcome Back!
Tues	4th	Darien Garden Club—Pleasure Through Plants Grab and Go! 10:30
Wed	5th	VNH Presents: Strong Skeleton, 12:30
Thurs	6th	Paint with Sheraton 10:30
Fri	7th	Laugh Out Loud with Beth! 10:30
Mon	10th	Craft Corner: Sun Catcher 1:00
Mon	10th	Downsized Gourmet over ZOOM , 3:00
Tues	11th	VNH: Blood Pressure Screening <i>by appointment</i> 10:30-11:30
Tues	11th	Art Gottlieb presents: The Underground Railroad, 12:30
Wed	12th	Here's Rosie IN CENTER! 1:00
Mon	17th	CENTER CLOSED FOR MLK DAY
Tues	18th	Mindfulness & Meditation, 11:00
Wed	19th	Senior Medicare Patrol: Medicare Fraud Prevention over ZOOM, 2:00
Thurs	20th	VNH Blood Pressure Screening <i>by appointment</i> 12:30-1:30
Mon	24th	Conversation with a Cop, 10:30
Wed	26th	Stamford Hospital presents:
Thurs	27th	Mark Albertson presents: Making War on Mother Nature, 10:30
Thurs	27th	Caregiver Support over ZOOM 1:00

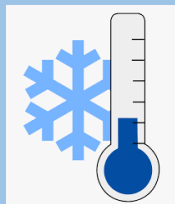


2nd ANNUAL HATS OFF TO WINTER CONTEST! Deadline to Enter – January 31st!

As the winter descends we thought it would be FUN to hold a contest to warm the hearts and heads of our members. Tell us what your favorite warm thought is and you will be entered into a drawing for a beautiful hand knitted hat or scarf made by our amazingly talented Knitting and Crocheting Club!

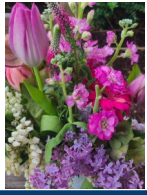
Call, email, drop off to us, or leave a voice mail at (203-656-7490) of your favorite warm thought by January 31st!

It could be a favorite quote or wise words you would like to share. If you leave a voice mail, tell us your name and then share your warm thought. Please be brief. Everyone who contributes a quote will be automatically be entered into the drawing.



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DARIEN SENIOR PROGRAMS JANUARY SPECIALS



PLEASURE THROUGH PLANTS GRAB-N-GO KIT

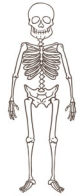
Tuesday, January 4th, 10:30am pick up

The Garden Club of Darien is back with their amazing Pleasure through Plants Grab -and -Go Kits! Each kit will contain all the materials you need to create your one of a kind project. **Kits are LIMITED** and Darien Residents receive priority.

VNH PRESENTS: STRONG SKELETON

Wednesday, January 5th, 12:30pm

Osteoporosis and bone loss is part of getting older but you can reduce your risk by diet, exercise and supplements. Learn how to keep bones healthy and avoid fractures in this presentation.



ACRYLIC PAINTING WITH SHERATON HOMECARE

Thursday, January 6th, 10:30am-11:30am

Come have some holiday fun! No experience needed to join this paint party. Sophie Slater, Art Therapist Sheraton Homecare, will teach us step-by-step and you will have a lot of fun and your own work of art! All materials supplied, a \$5.00 donation is suggested. Space is limited!

START THE NEW YEAR LAUGHING!

Friday, January 7th, 10:30am

Join Beth and your friends at the Mather Center for some jokes and laughter! Laughter is really the best medicine when it comes to fortifying the immune system, oxygenating blood and getting this feel good endorphins pumping, so join in the fun by bringing a favorite joke or two into the session and be prepared to laugh!

Laughter
is an
instant
vacation.
- Milton Berle



CRAFT CORNER: SUNCATCHERS

Monday, January 10th, 1:00PM-2:00PM

Join us for this fun and crafty activity that's sure to bring a little sunshine your way! A \$5.00 donation is suggested for this activity. Call to sign up—space is limited.

DOWNSIZED GOURMET

Monday, January 10th, 3:00pm VIA ZOOM

Join Susan and Paul Doyle of Oasis Senior Advisors. Throw open the cabinets and refrigerator, pull up a chair, and watch them work their magic creating and cooking with things you have at home. Learn how to solve the problem of how to enjoy cooking on a smaller scale by preparing easy and tasty treats from the comfort of your own home. It is sure to be entertaining! **Call 203-656-7490 to get the Zoom link.**



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DARIEN SENIOR PROGRAMS JANUARY SPECIALS

VNH OF FAIRFIELD COUNTY BLOOD PRESSURE SCREENING

**Tuesday, January 11th, 10:30am-11:30am &
Thursday, January 20th, 12:30pm-1:30pm**



The Visiting Nurse and Hospice of Fairfield County, (VNA) a member of Waveny Lifecare Network, (VNA) will provide monthly blood pressure and health screenings by a registered nurse. **Call to make an appointment.**



ART GOTTLIEB PRESENTS: THE UNDERGROUND RAILROAD

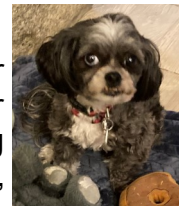
Tuesday, January 11th, 12:30pm-1:30pm

In the early 19th Century, at their own peril, abolitionists aided up to 100,000 Black slaves escape to free northern states, and into Mexico and Canada, through the creation of a vast secret network of routes and safe houses now known as the Underground Railroad.

HERE'S ROSIE IN CENTER!!!!

Wednesday, January 12th, 1:00pm

We're excited to welcome Rosie and Gerri Genovese back inside to the Center in December! For those of you who do not know, Rosie is our favorite pet visitor to DSP! She brings Geri along, and together, they offer wonderful reminiscing topics. There are so many benefits of interaction with pets – mental, emotional, and even physical. This one will surely make you smile!



MEDITATION & MINDFULNESS FOR STRESS MANAGEMENT & EVERYDAY LIVING

Tuesday, January 18th, 11:00am-11:45am



We all need time out for ourselves and this workshop will show us how! Darien's Monica Keady, registered Yoga Teacher, will help us apply the principles and practices of yogic meditation, Western Psychology, Buddhist teachings, and Mindfulness Based Stress Reduction. This class is for everyone—no prior experience needed! You will leave with renewed energy and tools to practice at home. Call to sign up!



SENIOR MEDICARE PATROL: MEDICARE FRAUD PREVENTION WEDNESDAY, JANUARY 19TH, 2:00PM OVER ZOOM FOR MEDICARE BENEFICIARIES

Presented by Southwestern CT Agency on Aging

Come and learn how to Prevent, Detect and Report Suspected Medicare Fraud. This program will focus on the newest scams as a result of the COVID 19 pandemic and Medicare, explain how to detect, prevent and report Medicare scams, including how to spot possible fraud on your Medicare Summary Notice. There will also be a brief discussion about the Medicare Savings Program including income guidelines and how to apply.

Call 203-656-7490 for the ZOOM Link.

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DARIEN SENIOR PROGRAMS JANUARY SPECIALS

CONVERSATION WITH A COP!

Monday, January 24th, 10:30am

Sargent Daniel Skoumbros, Darien Police Department will be here to discuss issues and learn more about each other. No agenda or speeches, just a chance to get to know the police officers that work in your community! Join us for some conversation and To-Go Breakfast treats!



DR. SHANNON MORALES, MD GASTROENTEROLOGIST PRESENTS: CANCER SCREENS, WHAT YOU NEED TO KNOW

Wednesday, January 26th, 1:00pm

Early screening saves lives! Dr. Morales, Stamford Hospital, will be here to tell us all we need to know about the various cancer screens, how to schedule, and the latest developments. Call to reserve your spot at 203-656-7490.

MARK ALBERTSON PRESENTS: MAKING WAR ON MOTHER NATURE

Thursday, January 27th, 10:30am

The popular conception of melting ice caps, polluted air, water and soil, greenhouse gases, rising seas, alternative sources of energy grab the discussions . . . but what about Man's greatest locomotive of change, War? The deleterious effect on the environment by war is not truly appreciated. From World War I, the expressed use of artillery and poison gas has left areas of France and Belgium by which crops can no longer be grown; the atomic bombings of Hiroshima and Nagasaki; Agent Orange in Vietnam; & depleted uranium in Iraq, . . . Man's penchant for despoiling his environment with war should galvanize those who desire the preservation of the Earth.



CAREGIVERS EDUCATIONAL SUPPORT GROUP OVER ZOOM!

Thursday, January 27th, 1:00pm-2:00pm



Led by Beth Paris, Gerontologist and Director of Darien Senior Programs, this group is open to anyone who cares for a family member or a friend with needs, especially related to cognitive impairments such as Alzheimer's, Type II Diabetes, and Dementia. This group will explore your concerns in a supportive and safe environment. Beth has over 30 years of experience helping caregivers navigate

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DARIEN SENIOR PROGRAMS SPECIALS!



MATTER OF BALANCE RETURNS TO THE CENTER!

Friday, February 4th – Friday, April 8th

10:30 AM—12:30 PM

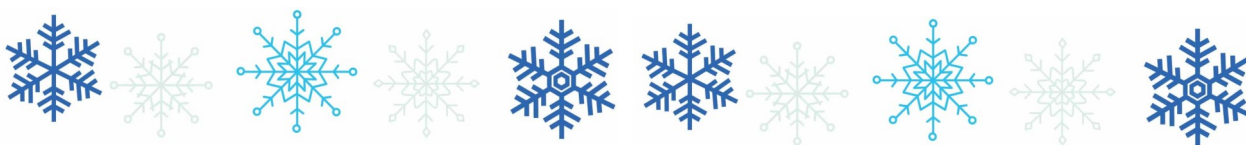
Many older adults experience concerns about falling and restrict their activities.

A Matter of Balance

is an award-winning, 9-week program, designed to manage falls and increase activity levels. In this course you will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance. Through a partnership with Fairfield University's School of Nursing & Health Science, this program is being offered at no cost to Darien Senior Program Members.

Class size is limited and fills every year!

For more information or to register for the program please call 203-656-7490.



TOWN OF DARIEN HUMAN SERVICES

203-656-7328

EMERGENCY CALL LIST: The staff of Darien Human Services maintains an *Emergency Call List* with the names of vulnerable seniors and individuals with disabilities to contact prior to and after a storm or town-wide emergency. The staff will provide reassurance and a wellness check and will also inform residents of resources available in the community such as Emergency Shelters and Cooling or Charging Centers. If you are a Darien resident and would like your name added to the *Emergency Call List* or are concerned about an elderly neighbor, please call Darien Human Services at 203-656-7328 or email Ali Ramsteck, Director, LCSW at aramsteck@darienct.gov.

ENERGY ASSISTANCE PROGRAM: Human Service Department is accepting applications for the 2021-2022 Energy Assistance Program. Income limits apply. Please call 203-656-7328 to make an appointment. More information can be found on the Darien Human Service Department on www.darienct.gov/humanservices.

DARIEN SENIOR PROGRAMS

WOODSHOP REPAIR PROGRAM



Woodshop volunteers will repair small wooden items, chairs, drawers, tables, etc., for a recommended donation. Bring your item into the woodshop on Wednesdays, between 9:30 -11:00 am, and one of our volunteers/Ed Drach will discuss the cost to repair, including supplies you will need to provide. Call Darien Senior Programs for more Information at 203-656-7490.

OUR STAFF

Director Elizabeth Paris, Gerontologist,
eparis@darienct.gov
Program Specialist, Stacey Johnson, MSW
sjohnson@darienct.gov
Chef Judi Rotar
Building Attendant Nino Vitti
Custodian Ramone Polina

JANUARY 2022 DAILY DRIVE-THROUGH LUNCH PROGRAM CONTINUES

Chef Judi is cooking up delicious and nutritious lunches daily for our Darien Members!

Directions: Drive-through the Mather Center, stay in your car, meals are brought to you!

Reservations for the following week: Call in Monday- Wednesday the week prior, between 8:30-11:30 at (203) 656-7490 to reserve your lunches.

Menus: Weekly Menus are located on our webpage: www.darienct.gov or you can give us a call.

Pick- Up: promptly at 12:00. Line-up begins at 11:45.

Cost: \$ 5.00 per meal - exact Cash or Checks only (Checks payable to DSP Darien Senior Programs).



FEBRUARY 2022 SAVE THE DATES

Feb 1 Darien Garden Club
Feb 2 VNH Presents
Feb 4 Matter of Balance Starts
Feb 3 Sheraton Painting!
Feb 7 Craft Corner
Feb 8 VNH Blood Pressure Screening
Feb 8 Art Gottlieb: The Titanic
Feb 9 Here's Rosie
Feb 14 Belly Dance with Tava
Feb 17 VNH Blood Pressure Screening
Feb 21 **CENTER CLOSED**
Feb 21 Downsized Gourmet over Zoom
Feb 24 Mark Albertson: Edward Bernays

More Programs to Come!

Happy
NEW YEAR
2022

Don't forget that **At Home in Darien** is available to take you to appointments, shopping, visiting and of course, to the Senior Programs. Rides are available **Monday - Thursday, 9am - 4pm**. Call **203-655-2227** to reserve your ride. A suggested donation is **\$5**.

AARP
Driver Safety



AARP is continuing to offer it's **Smart Driver course** online! For more information, go to their website: www.aarpdriversafety.org.

Promo code for 25% off discount: **DRIVING-SKILLS**. **Smart DriverTEK** registrants please go to www.aarp.org/SDTEK.

If you have any questions, call the Customer Service team at 1-800-569-1658, Monday through Friday from 8:00 AM to 5:00 PM.